(TMI Newsletter – November 2014)

OUTREACH AND EMPOWERMENT IN MEXICO

Carmen Xochiquetzal Wins Government Grant to Aid Women and Girls

Big cheers and congratulations to TMI Outreach and LCN member Carmen Xochiquetzal! Carmen's organization won a grant from the Mexican government to support her work with at-risk women and girls.

In June, Carmen posted on Facebook:

The non-profit organization (of which I'm co-founder) won its first fund from the Mexican Government! Also we're being considered for support from UNESCO. What is really meaningful is that from all the Mexican non-profit orgs considered just 20 orgs were selected, among them ours: Productive Women "Callicuauhtli"! Everything for empowering our community women in at-risk conditions! I'm so happy and thankful to TMI and dear Carol Sabick for being there at the right time and at the right place almost 3 years ago. Thanks to the big TMI family (friends, facilitators, colleagues) who participated in my metamorphosis to following my passion and dreams. - feeling wonderful!

Back in 2012, Carmen Xochiquetzal met Carol Sabick de la Herran, the then executive director and president of The Monroe Institute, at a workshop in a Positive Psychology Congress in Philadelphia. They talked and Carmen told Carol of her passion to assist the women of her country who live in extreme poverty and are victims of violence. Carol invited her to attend a Gateway Voyage program. The Gateway program changed Carmen's life in many ways. Among them, she realized that Hemi-Sync® would be a perfect tool to use in her work with the women and children.

Carmen soon became a TMI Outreach Program trainer, and then a Local Chapter Network leader.

Simultaneously, she created, together with her mother, family, and other community women, a non-profit civil association called Callicuauhtli Productive Women, “whose main purpose is to instruct women in different ways of healing the body, mind, and soul, mainly through ancient Mexican techniques. These include herbal medicines, temazcal (sweating bath), meditation while hiking and contemplating mountains, massage therapy, and many others.”

Their work has another benefit, which is to raise women’s incomes. Carmen says, “Considering the financial problems of Mexico, mostly among women and children, this work has a positive impact on their quality of life. They produce aromatherapy and herbal medicine products.”

Now, Mexico’s National Institute for Social Development has approved a grant to support the project. The project's name is: "Training for Developing Skills for Self-Employment and Commercialization of Artisanal Products based on Mexican Traditional Medicine created by Indigenous Women, Women in Conditions of Extreme Poverty and Women who are Victims of Gender Violence of the community of Tlayacapan".

Carmen explains:

> *We'll provide work training to 50 women so they can create natural products of high quality based on Mexican Traditional Medicine. There are many elements they'll learn about plant properties, care of the environment (Mother Earth), the rescue of our ancient cultural background, and much more!*
>
> *We'll also train and coach women about how to commercialize their products in little county fairs, artisanal shops, and in much bigger stores. We'll accompany and encouraging them during the whole growth process.*
>
> *We center our efforts in women because in Mexico "the poverty has face of women". There are 2.5 million more poor women as compared with men. It's too frequent that women are victims of gender violence, not just at home but at work and in the community. Both social disadvantages impact more on indigenous women.*
>
> *The State Institute for Women will support us with gender perspective training. The importance of this is let the women know about their rights as human beings. And also open reflection moments about traditional gender roles and stereotypes, which significantly limit the opportunities of women.*
>
> *TMI changed my life for the best and added to our organization a powerful tool for*

conscious awakening. We'll definitely include Hemi-Sync during both trainings for improving learning, creativity, and relaxation. Also, although we didn't get funds for offering a wider project, I'll offer the Excursion Workshop to the women for a small donation. This is as dear Carol Sabick recommended the last time we talked about it. They have to value the big treasure they'll get.

Thank you, Carmen!

Carmen Xochiquetzal is a psychologist specializing in clinical psychophysiology and education.

car.ramirezm @ gmail.com
www.centrocallicuauhtli.com.mx

Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.